

HP Program GOALS for 1998 from a big deck AMPHIB (~1100 crewmembers)

- **These goals are based on the "Health Needs Assessment" results specific to this command. Health needs were assessed in using one type of "Health Risk Appraisal (HRA)" (a general personal and family health history and health interest survey) administered to 922 crewmembers.**
- **Your command HPP GOALS may be based on "Healthy People 2010 Program" goals (see: RESOURCES Module Part III) or DoD/Navy HP priority areas (i.e., tobacco, stress, etc.) for example, until you are able to perform a needs assessment specific to your command.**
- **Not every health assessment need has to be addressed as a goal; it may not be possible to address all needs identified in a given year.**

- ***To realize the health needs of the command***

By November 15, 1998 at least 85% of the command will have completed the HEAR Survey, as evidenced by the number of reports submitted to Tricare for evaluation.

- ***To decrease the command tobacco use***

By December 31, 1998 there will be a 30% decrease in tobacco use at the command, as evidenced by follow-up of the total number of participants in the tobacco cessation program and interval review of medical/dental record data..

- ***To decrease the number of crew members who exceed Navy body fat standards***

By November 30, 1998 there will be a 50% decrease in the number of crew who exceed body fat standards, as evidenced by full participation in the weight management program and comparison of the Spring and Fall 1998 PRT cycle reports.

- ***To reduce the number of crew members with high blood cholesterol***

By December 31, 1998 less than 20% of the command will be noted to have blood cholesterol levels that exceed 200mg/dl, as evidenced by comparison of annual blood cholesterol levels measured in the command.

- ***To reduce the number of crew members with uncontrolled hypertension***

By December 31, 1998 no more than 10% of the crew will be noted to have systolic blood pressures greater than 140mmHg or diastolic blood pressures greater than 90 mmHg, as evidenced by routine screening during sickcall and close follow-up of those members diagnosed with hypertension who are treated with anti-hypertensive medication or lifestyle modification.

- ***To increase command awareness about the importance of injury prevention, proper nutrition, fitness and exercise, tobacco cessation, alcohol awareness, stress and anger management.***

By December 31, 1998 there will be increased awareness within the command on various Health Promotion topics, as evidenced by attendance rosters collected during each scheduled Health Promotion event.